

# OBSERVATIONS VS. EVALUATIONS

- An important component of NVC is the separation of observation vs. evaluation.
- When we combine observation with evaluation, people are likely to hear criticism and become defensive.
- Be aware of the use of “always,” and “never.”
- You can identify an observation by thinking about what a surveillance camera would pick up.

## Exercises

For each of the statements below, determine whether it is an observation or evaluation.

Statement	Observation or Evaluation?
Sandra is jealous.	
Immigrants are bad drivers.	
My mom told me that she's been to the store every day this week.	
If you don't eat vegetables, your health could suffer.	
CJ has expensive taste.	
I have double the amount of shoes my brother has.	
Out of the six coffee shops in the city, the one a block away from my house has the lowest price for drip.	
Billy is always gossiping.	
He can't get his work done on time.	

## Matching Pairs

Each of the observations below has a corresponding evaluation, and vice versa. Find the matching pairs and connect them.

Observation	Matching Pair	Evaluation
A. She has tears running down her face.	A and # _____	1. The house is nasty.
B. I am the only person in the house.	B and # _____	2. Our friendship doesn't matter to him.
C. He said, "I don't want to talk about it."	C and # _____	3. I'm not safe.
D. I see plates with food on them on the counter and in the sink.	D and # _____	4. She is having a tantrum.
E. He didn't text me back.	E and # _____	5. He is always avoiding his feelings.

